



Happy Birthday!

Clients

- Timothy W. 5/3
- Timothy T. 5/7
- Fred G. 5/22
- Bill G. 5/25

Comfort Keepers

- Michelle R. 5/5
- Luca N. 5/14

Older Americans Month, observed annually in May, is crucial for recognizing the contributions of older adults, highlighting the positive aspects of aging, and fostering a more inclusive society. It's a time to challenge ageist stereotypes, celebrate diverse experiences, and ensure older adults have access to resources that support their well-being. By focusing on the positive aspects of aging and promoting social connections, OAM helps create a more age-friendly environment where older adults can continue to thrive.

Congratulations to our May 2025 Comfort Keeper of the Month!



Kaleen Nelson

Kaleen became part of our caregiving family on October 18, 2024, bringing compassion, dedication, and a warm heart to every life they touch. Originally from Portland, Oregon, Kaleen has a natural gift for nurturing others, shaped by a lifelong love of reading and a deep understanding of empathy. Outside of work, she's a proud dog parent to three lovable pups who keep life joyful and full of energy. Known for her signature love of pink and a soft spot for Reese's Peanut Butter Cups, Kaleen combines professionalism with a personal warmth that comforts both clients and coworkers alike. This is why she is our May 2025 Comfort Keeper of the month. Congratulations Kaleen!

Tom's Trivial Tidbits:

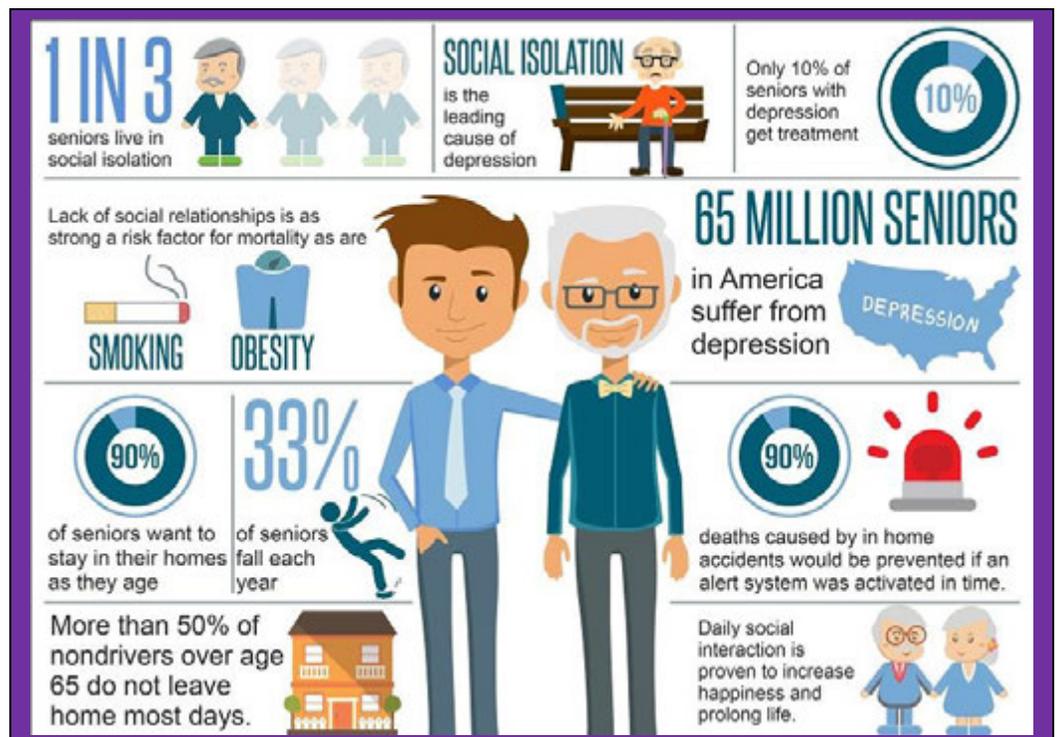
Rats: Rats have a laugh: When they play, rats emit high-pitched chirping sounds that are a form of laughter.

Bananas: Bananas are slightly radioactive: This is due to their potassium content, which includes a naturally radioactive isotope.

Honey: Honey never spoils: Ancient honey has been found to be perfectly edible after thousands of years.

Aging Brains: Brain plasticity: The brain continues to form new connections and pathways throughout life, even in older adults.

- **Quote of the Month:** *"You are never too old to set another goal or to dream a new dream."* -C.S. Lewis



Please complete any courses before your May birthdate and let the office know when completed.